

Beyond Mindfulness in Plain English: A Comprehensive Guide to Mindfulness and Beyond



Beyond Mindfulness in Plain English: An Introductory guide to Deeper States of Meditation by Alwyn Hamilton

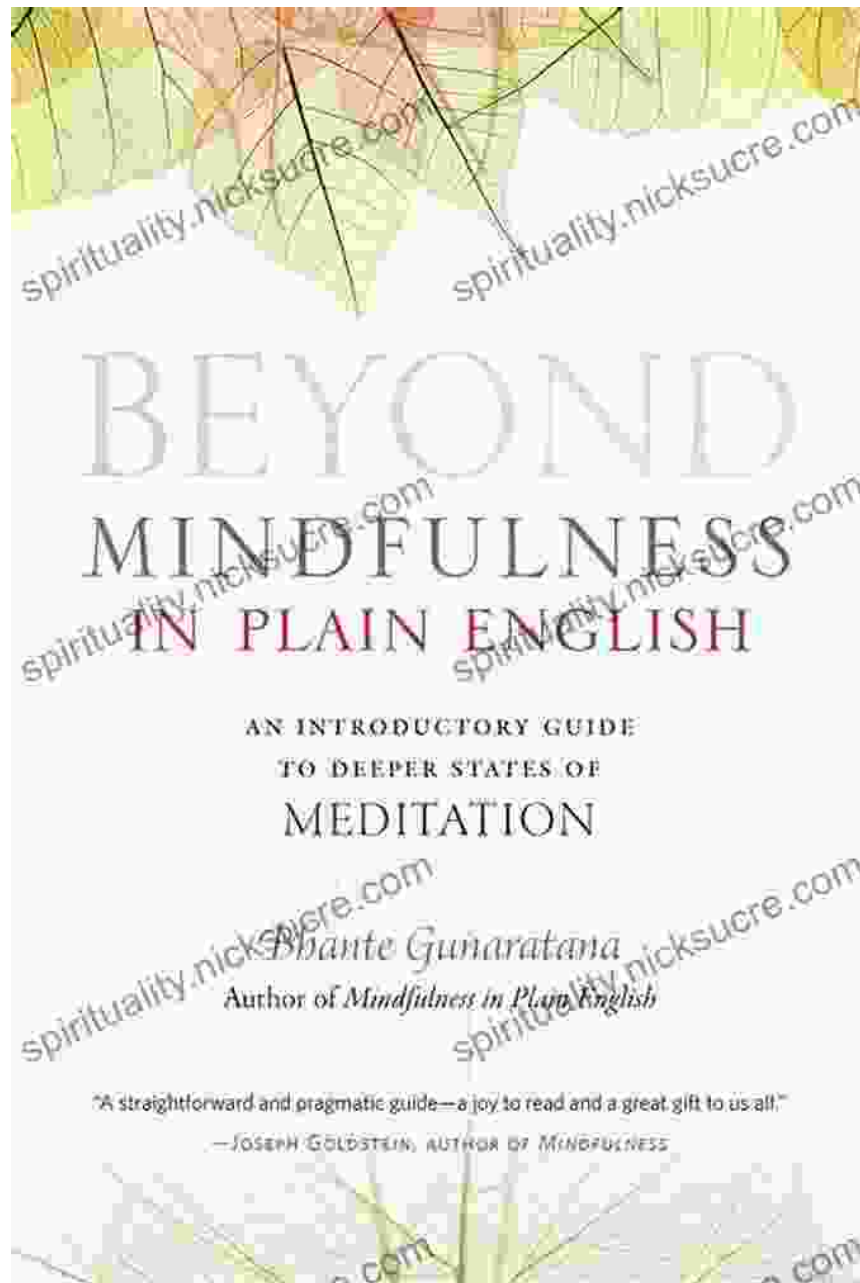
★★★★☆ 4.6 out of 5

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File size : 1142 KB
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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 236 pages

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In his book "Beyond Mindfulness in Plain English," Shinzen Young provides a comprehensive and accessible guide to mindfulness and its applications in daily life. Young, a renowned meditation teacher with over 40 years of experience, offers a unique and practical approach to mindfulness that goes beyond traditional meditation techniques.

The book is divided into three parts. Part I provides a foundation in mindfulness, explaining the basic principles and techniques. Part II explores advanced mindfulness practices, including techniques for working with emotions, thoughts, and the body. Part III offers guidance on how to integrate mindfulness into various aspects of life, including relationships, work, and personal growth.

Part I: Foundations of Mindfulness

In Part I, Young introduces the basic concepts of mindfulness, including:

- The definition of mindfulness
- The benefits of mindfulness
- The different types of mindfulness meditation
- How to practice mindfulness in daily life

Young emphasizes the importance of developing a regular mindfulness practice. He recommends practicing mindfulness meditation for at least 10 minutes each day. He also provides guided meditations and exercises to help readers develop their mindfulness skills.

Part II: Advanced Mindfulness Practices

In Part II, Young explores advanced mindfulness practices that go beyond traditional meditation techniques. These practices include:

- Mindfulness of emotions
- Mindfulness of thoughts
- Mindfulness of the body

- Mindfulness in action

Young teaches readers how to use mindfulness to work with difficult emotions, such as anger, sadness, and fear. He also teaches readers how to use mindfulness to observe their thoughts without judgment and to develop a more positive and compassionate relationship with themselves.

Part III: Integrating Mindfulness into Daily Life

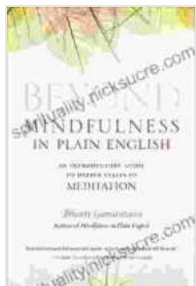
In Part III, Young offers guidance on how to integrate mindfulness into various aspects of life, including:

- Mindfulness in relationships
- Mindfulness at work
- Mindfulness in personal growth
- Mindfulness in everyday life

Young provides practical tips and exercises to help readers apply mindfulness to their daily lives. He shows how mindfulness can help readers improve their relationships, increase their productivity at work, and promote their overall well-being.

"Beyond Mindfulness in Plain English" is a comprehensive and practical guide to mindfulness and its applications in daily life. Shinzen Young's unique and accessible approach makes this book a valuable resource for anyone interested in learning more about mindfulness and developing their mindfulness skills.

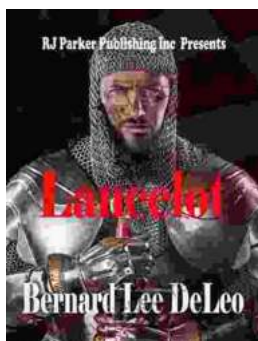
Whether you're a beginner or an experienced meditator, "Beyond Mindfulness in Plain English" has something to offer. This book is a valuable resource for anyone who wants to learn more about mindfulness and integrate it into their daily lives.



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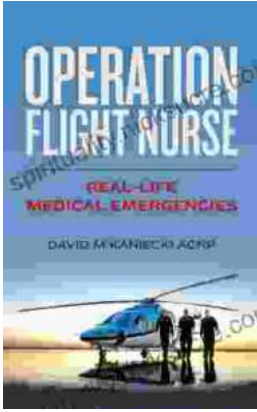
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